



# Tucson Fire Department Sarver Heart Center

## Continuous Chest Compression CPR: Chain of Survival



In witnessed sudden cardiac arrest in adults, **mouth-to-mouth resuscitation is not necessary.** \*Follow these instructions to perform Continuous Chest Compression CPR:



1. Direct someone to call 911 or make the call yourself.
2. Position the victim on the floor on his or her back. Place one hand on top of the other and place the heel of the bottom hand on the center of the victim's chest. Lock your elbows and begin forceful chest compressions at a rate of 100 per minute.
3. If an AED is available, attach it to the victim and follow the machine's instructions. If no AED is available, perform continuous chest compressions until the arrival of the fire department. Take turns if you have a partner.
4. Continue until Emergency Help Arrives.

\*In cases involving children, suspected drowning or suspected overdose, follow standard CPR procedures (alternating 15 chest compressions with two mouth-to-mouth breaths).

To learn more about Continuous Cardiac Compression CPR, please call the Tucson Fire Department at 791-4512 ([www.cityoftucson.org/fire](http://www.cityoftucson.org/fire)) or Sarver Heart Center at 626-4883 ([www.heart.arizona.edu](http://www.heart.arizona.edu))

